

# The Joint Health and Wellbeing Strategy

## Engagement and Involvement

Public Health Team  
Leicester City Council

# The purpose of today's session

- What is the Joint Health and Wellbeing Strategy?
- Why is it important to you?
- How to get engage with strategy

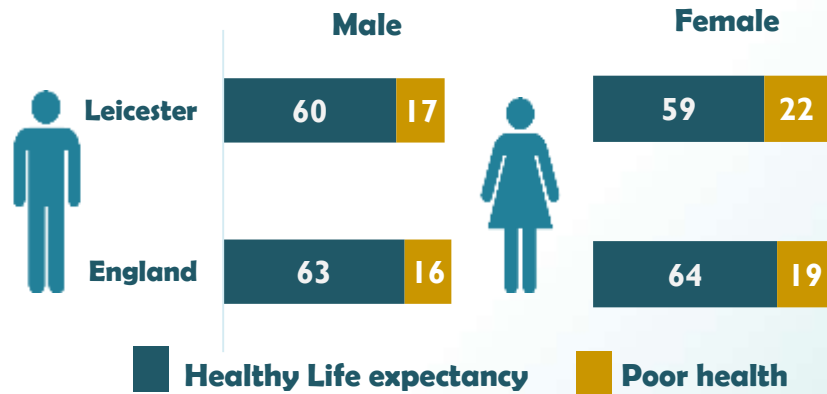
What is the  
JHWBS?

Leading **health and wellbeing**  
document for the  
city

Sets the direction for  
strategic documents and  
directs priorities

**“ensure that everyone  
has the opportunity to  
improve and maintain  
good physical and  
mental health”**

# A picture of Health in Leicester



Those living in poor health are likely to experience 2 or more chronic conditions. Multiple morbidities increases with age.

**The number of 19-44 year olds with multiple morbidities is increasing.**

In Leicester 94,104 people are described as frail/5 or more chronic conditions.

Shorter life expectancy and many chronic conditions are linked to lifestyle choices such as smoking, physical inactivity, and alcohol.

Deprivation is linked to health inequalities, with the most deprived in Leicester having 7 fewer years of life expectancy compared to the least deprived.

## Main causes of death

**Cancers (23%)**

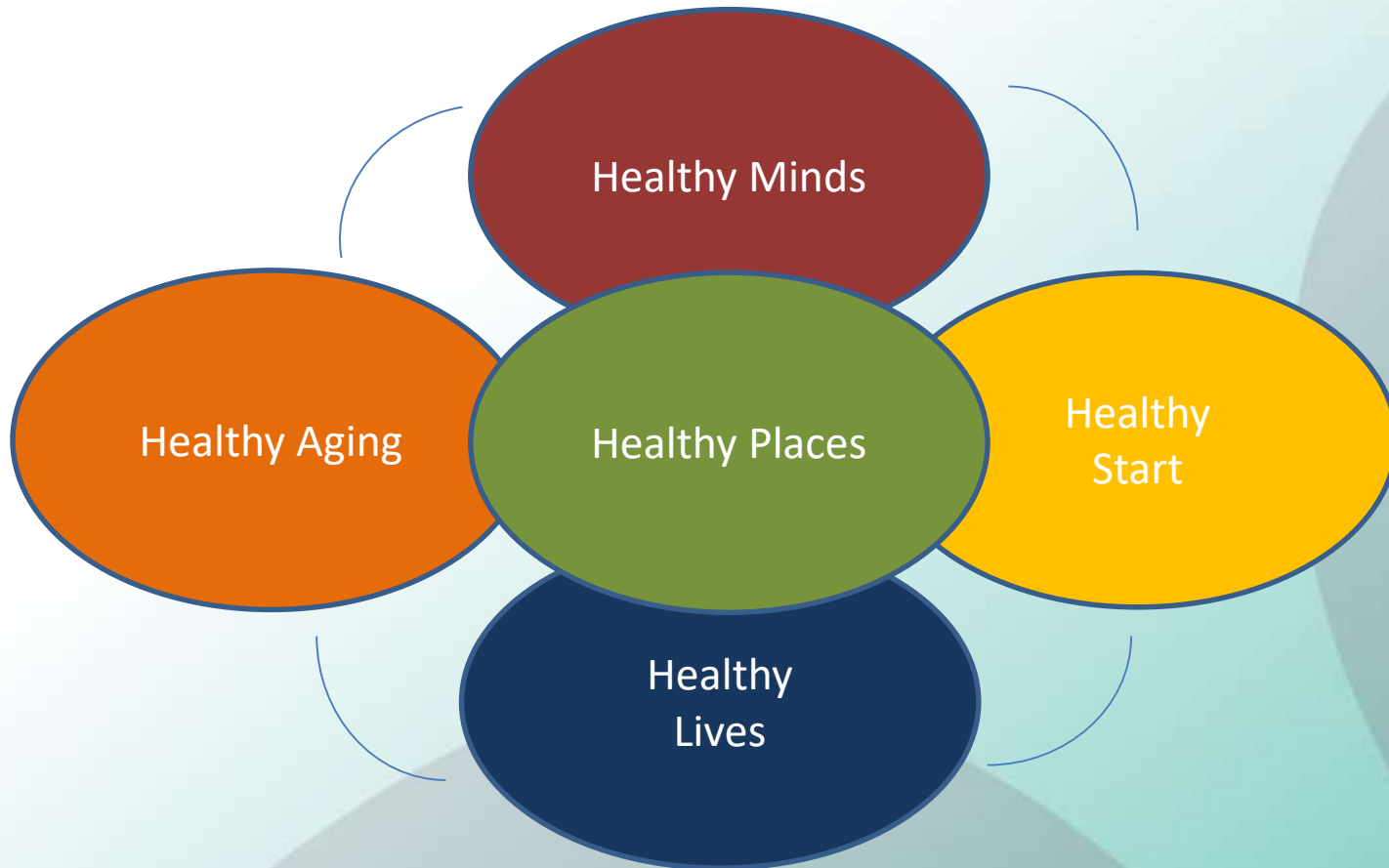
**Cardiovascular diseases (28%)**

**Respiratory diseases (14%)**

**Account for 2 out of every 3 deaths in Leicester**

**The strategy will focus on increasing the number of years people in Leicester live healthy lives.**

# How does the JHWBS work?



5 interconnected themes make up the strategy

Under each theme sit a number aims and objectives. The action plan details how LCC and partners aim to reach these

# Healthy Places

**AMBITION: MAKE LEICESTER A HEALTHY ENVIRONMENT TO LIVE AND WORK IN**



PUBLIC SPACES

STANDARD OF HOMES



AIR QUALITY

HEALTHIER CHOICES



All environments be they physical, social, or online, impact on the health of people living in and around them.

# Healthy Minds

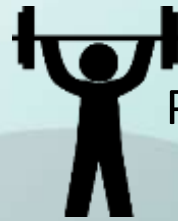
**AMBITION: ENSURE THAT MENTAL HEALTH IS CONSIDERED IN ALL ASPECTS OF PLACE AND THE LIFE COURSE**



POVERTY



POOR MENTAL HEALTH



PHYSICAL HEALTH



SOCIAL ISOLATION



PARITY OF ESTEEM

**MENTAL HEALTH AND WELLBEING IS EVERYBODY'S BUSINESS.**

# Healthy Start

**AMBITION: GIVE LEICESTER'S CHILDREN THE BEST START IN LIFE**



HEALTHY MUMS

EDUCATION



EMPLOYMENT

LIFE EXPECTANCY



**WHAT HAPPENS IN CHILDHOOD IMPACTS ON FUTURE MENTAL AND PHYSICAL HEALTH AS AN ADULT**



# Healthy Lives

**AMBITION: ENCOURAGE LEICESTER RESIDENTS TO ADOPT HEALTHY BEHAVIOURS SUSTAINABLE THROUGHOUT LIFE**



CHRONIC CONDITIONS



ADULT LEARNING

INFORMED CHOICES



COMMUNITY ENGAGEMENT

**ENCOURAGING PEOPLE TO LIVE HEALTHY LIVES CAN COMBAT SOME RISKS TO HEALTH**

# Healthy Aging

**AMBITION: ENABLE LEICESTER RESIDENTS TO AGE COMFORTABLY AND CONFIDENTLY**



EXISTING CONDITIONS



SOCIAL ISOLATION



CARING ROLES



FRIENDLY ENVIRONMENTS



VALUABLE CONTRIBUTIONS



**IMPROVING BETTER HEALTH AND WELLBEING AMONGST OLDER PEOPLE COULD MEAN THAT THEY LIVE MORE YEARS IN BETTER HEALTH**

# JOINT Objectives

**A)** Influence the environment to accommodate healthy living and dementia friendly environments

**B)** Ensure decent homes are within the reach of every citizen

**C)** Increase opportunities for sustainable transport

**D)** Improve air quality in the city

**E)** Maximise and regenerate open and green space

**F)** Develop and encourage healthy neighbourhoods

**G)** Improve mental health and wellbeing in Leicester city residents

**H)** Improve access to good food in Leicester

**I)** Increase physical activity levels in Leicester residents

**J)** Reduce levels of overweight/obesity in children and adults

**K)** Increase the number of people engaging in protective behaviours

**L)** Reduce the prevalence of chronic conditions in Leicester

**M)** Support women and their families to experience a healthy pregnancy

**N)** To support and facilitate stakeholders and other organisations in the education and promotion of positive health and wellbeing

**O)** Increase the priority of health and wellbeing in existing work places

**P)** Support increase in better quality employment and better income

**Q)** Take steps to reduce social isolation, particularly amongst the elderly

**R)** Support informal carers to continue to care and improve their health and wellbeing.

# How can you help?

Here is the link to our consultation page:

<https://consultations.leicester.gov.uk/communications/7f47124e>

**STRATEGY** – is there anything else that you would expect to see in the strategy?

**OBJECTIVES SHEET** - How can you contribute to the delivery of existing objectives?

Use the action plan for reference

**OVERALL** – how can your organisation help to improve health and wellbeing for local people?



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